

## For Breastfeeding Women Only



### Pink Salmon

Canned pink salmon as printed on WIC check.

Size: **7.5 or 14.75 ounce can**

Cannot buy red, boneless, smoked or in pouches.

- OR -

### Tuna



Water packed, dolphin safe chunk light tuna as printed on WIC check.

Size: **6 ounce can**

Cannot buy Albacore or white tuna.



### Carrots

Fresh package or loose whole carrots without tops in quantity printed on WIC check.

Size: **1 or 2 pounds**

Cannot buy fresh cut or baby carrots.

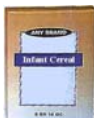
## For Infants



### Infant Formula

Iron fortified formula as printed on WIC checks.

Cannot buy low iron formula.



### Infant Cereal

Barley, Mixed, Oatmeal, or Rice.

Size: **8 or 16 ounce box**

Cannot buy high protein cereals or cereals with yogurt, fruit, or infant formula.

-Organic Foods Not Allowed-



Linda Lingle, Governor  
Chiyome Leinaala Fukino, M.D., Director of Health

Hawaii State Department of Health  
WIC Services Branch

[www.hawaiiwic.com](http://www.hawaiiwic.com)

For Information on Oahu Call 586-8175  
On Neighbor Islands Call Toll Free 1-888-820-6425

# Hawaii WIC Program Food List



### Milk

**Fluid** pasteurized: whole, reduced (2%), lowfat (1%), or fat free (skim or nonfat) in **gallon** size containers or as printed on WIC checks.

May be calcium plus or extra rich.

Any **evaporated** milk in a **12 ounce** can.

Any **powdered** milk up to the quantities specified.

**Recombined** pasteurized milk may be substituted for fluid milk.

Must be domestic.

Least Expensive Brands Recommended.

Cannot buy any goat, rice, soy or flavored milk.

### When Printed on WIC Checks

**Acidophilus, Lactose-Free, or Lactose-Reduced:** whole, 2%, 1%, or fat free in ½ gallon container only.

May be calcium fortified.

May 2005

WIC is an equal opportunity provider and employer.

### Peanut Butter

Plain, smooth, chunky, crunchy, extra crunchy, natural, or reduced fat.



Size: **8 ounce jar or larger to equal up to 18 ounces**

Cannot buy "peanut butter spread," or with added jam, jelly, honey, chocolate or flavors, or in squeeze tubes.

### Juice



**All Juice Must Be:** 100% juice, with no sugar added, with at least 120% Daily Value (DV) for vitamin C. May be calcium fortified.

#### Frozen Concentrate In 10 oz.-12 oz. cans

##### Any Brand

Apple  
Grapefruit (white or pink)  
Orange (including reduced acid)  
Pineapple

##### These Brands Only

Grape, white or purple (**Welch's** with yellow pull strip)  
Orange Passion -Calcium (**Minute Maid**)  
Orange Tangerine-Calcium (**Minute Maid**)  
Pineapple-Orange (**Dole**)  
Pine-Orange-Banana (**Dole**)

#### Single Strength (Ready to Use) Only in 46 oz. plastic bottles or cans

##### Any Brand

Apple  
Grapefruit (white or pink)  
Orange  
Pineapple

##### These Brands Only

Grape, white or purple (**Welch's** can or bottle with purple cap and **Juicy Juice**)  
**Juicy Juice** (All varieties and blends)

Cannot buy non-frozen concentrate and any juice with added zinc or other nutrients.

### Eggs



White, Grade A Chicken Eggs.

Size: **One dozen medium or large**

Cannot buy brown, fertile, and pasteurized eggs.

### Beans, Peas, and Lentils



Dried beans, peas, and lentils.

Size: **8 ounce package or larger to equal up to 16 ounces**

Cannot buy cooked, canned, or frozen beans, peas, or lentils, or mixed beans with flavor packet, grains or spices.

### Cereal



**Kix**

**Life**

**Product 19**

**Special K**

**Crunchy Corn Bran**

**Bran Flakes** - (Post)

**Cream of Wheat, Regular Flavor Only**, Instant,  
1 minute, 2 ½ minute, or 10 minute (Nabisco)

**Chex** - Corn, Rice, Wheat, Multi Bran

**Corn Flakes** - **General Mills (Country Corn Flakes)**,

Best Yet, Kellogg's, Western Family

**Crispy Rice** - Best Yet, Ralston, Safeway,  
Springfield, Western Family

**Frosted Mini-Wheats Bite-Sized** - (Kellogg's)

**Honey Bunches of Oats- Honey** - (Post)

**Instant Oatmeal, regular flavor**, box of individual  
packets (Quaker)

**Toasted Oats** - Best Yet, Safeway, Springfield,  
General Mills (Cheerios, **Multi Grain** Cheerios),  
Western Family

**Total** - Corn Flakes, Whole Grain

Size: **9 ounce box or larger to equal up to 36 ounces**

Cannot buy more than 36 ounces of cereal.

### Cheese



Cheddar, Colby, Mozzarella, Swiss,  
or Monterey Jack.

Mild, medium, sharp, **extra sharp**, reduced or fat free.  
Must be domestic or plain in block, ball, or shredded.

Size: **8 ounces or larger to equal up to 16 ounces**

Cannot buy sliced, cube, string, imported, deli  
cheeses, or cheese with peppers, herbs, or flavors.